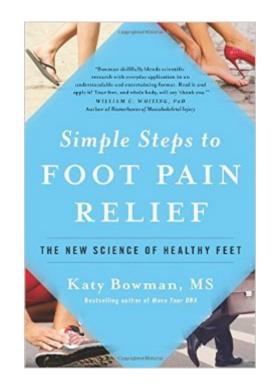
The book was found

Simple Steps To Foot Pain Relief: The New Science Of Healthy Feet





Synopsis

Donâ [™]t just relieve foot pain—prevent it from happening again.Biomechanist Katy Bowman is back with an expanded edition of her popular book Every Womanâ [™]s Guide to Foot Pain Relief, and itâ [™]s for everyone—men and women, no matter what state (or shoe) theyâ [™]re in.With updated material and new visuals that illustrate exactly how to target problem areas, Simple Steps to Foot Pain Relief will show you how to prevent pain—and how to heal your feet and halt damage to the rest of your body. Bowmanâ [™]s simple, accessible, innovative program will help you naturally address lower leg and foot issues such as:- Bunions- Hammer toes- Plantar fasciitis- Poor posture and alignment Bowman walks you gently through exercises to strengthen your feet, the shoes you should (and should not) be wearing, and how these choices affect your overall foot—and body!—health.Simple Steps to Foot Pain Relief will teach you how healthy feet work optimally and put you on the path to foot health.

Book Information

Paperback: 192 pages Publisher: BenBella Books; 1 edition (September 6, 2016) Language: English ISBN-10: 1942952821 ISBN-13: 978-1942952824 Product Dimensions: 6 x 0.4 x 8.7 inches Shipping Weight: 9.6 ounces (View shipping rates and policies) Average Customer Review: 3.3 out of 5 stars Â See all reviews (3 customer reviews) Best Sellers Rank: #19,663 in Books (See Top 100 in Books) #1 in Books > Medical Books > Allied Health Professions > Podiatry #3 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Physical Impairments #40 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management

Customer Reviews

I'm only half way through the book but have skimmed thru most of the pages and I am really enjoying the exercises shared and the writing style. I am a massage therapist by trade and like how this is written to be understood, enjoyed and implemented by anyone who can read.

Simple Steps To Foot Pain Relief is the guide that will show you how to get your feet healthy. With an illustrated guide on how to stop your foot pain and how to prevent it from happening again. It also shows simple exercise's you can do to get your feet strong and what shoes you should be wearing and which ones are not so good for those feet! It's the perfect guide for anyone wanting to get their feet in the best shape ever!!! don't have trouble with my own feet but it was interesting to read a book that shows you what to do and not do in order to have healthy feet. I found the exercise's fascinating and are so easy to do them to prevent future problems! I would recommend this book for anyone who has feet trouble or just looking for ways to prevent troubles!Thank You to Katy Bowman for writing this book for anyone who wants to have healthy feet!! received this book from the Publisher via NetGalley in exchange for a honest review.

The useful information this book provides could have been conveyed in four paragraphs. All the rest is just verbiage to create a book length document to justify charging money for the information.

Foot Pain: Ingrown Toenail: How To Become Stress Free And Easily Cure This Nasty Nail Disease Today From The Comfort Of Your Own Home (Foot Pain, Foot Problems, Foot Pain Relief, Foot Reflexology) Simple Steps to Foot Pain Relief: The New Science of Healthy Feet Foot Pain: Causes & Simple Steps & Exercises to Treat Irritating Foot Pain (Plantar Fasciitis, Bunions, Athletes Foot) The Ultimate Guide to Strong Healthy Feet: Permanently fix flat feet, bunions, neuromas, chronic joint pain, hammertoes, sesamoiditis, toe crowding, hallux limitus and plantar fasciitis Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) 8 Steps to a Pain-Free Back: Natural Posture Solutions for Pain in the Back, Neck, Shoulder, Hip, Knee, and Foot Freedom from Pain: The Breakthrough Method of Pain Relief Based on the New York Pain Treatment Program at Lenox Hill Hospital Naturally Sinusitis Relief FAST: Top effective home remedies to instantly stop sinus infection: - A guick read and easy steps for headache relief & nasal treatment - Simple treatments guarantee Wrist Pain, Neck Pain - Lower Back Pain - Should Treatments Be Focussed Only To The Area That Hurts?: A Comfortable Healthy Sleep Without Neck Pain And ... Neck Pillow, (Children health care Book 1) Yoga for Pain Relief: Simple Practices to Calm Your Mind and Heal Your Chronic Pain (The New Harbinger Whole-Body Healing Series) Square Foot Gardening High-Value Veggies: Homegrown Produce Ranked by Value (All New Square Foot Gardening) TMJ Temporomandibular Joint Dysfunction - Causes, Symptoms, Treatment, and Pain Relief For Your Jaw Pain (How to Get Rid of Jaw Pain & Headaches Due to TMJ) Back Pain: Alleviate Back Pain and Start Healing Today (Simple Exercises, Remedies, and Therapy for Immediate Relief) Original Works of Eunice D. Ingham: Stories the Feet Can Tell Thru Reflexology/Stories the Feet Have Told

Thru Reflexology Feet First: A Guide to Foot Reflexology My Feet Are Killing Me: Dr. Levine's Complete Foot Care Program Foot Reflexology: A Complete Guide for Foot Reflexology Self Massage Joint Pain No More: How to Effectively Eliminate Pain and ease your Aches! (Pain Management, Muscle Pain, sports injury) Fix Your Feet: Build the Best Foundation for Healthy, Pain-Free Knees, Hips, and Spine Happy Feet, Healthy Food: Your Child's First Journal of Exercise and Healthy Eating

<u>Dmca</u>